

IESA Sectional Meet Shot Put/ Discus Instructions

1. CHECK-IN

- Check in each athlete.
- Review the procedure for leaving an event to compete in another event.
 - ❖ If possible, the judge may allow the athlete to attempt a trial out of order, successively, or pass before leaving the event. However, athletes may not participate in any flights with a different age division or gender (e.g., athletes entered in to the 7th grade event may not participate in 8th grade flights, girls may not participate in the boys flights).
 - ❖ Communicate clearly with the competitor about getting to each event.
 - ❖ Notify an official if help is needed.
- Equipment Inspection: Inspect the field event area and equipment that is required for the event. If an implement becomes unusable, remove it from competition.
- Remind the athletes to act in a sportsmanlike manner, watch their language and keep their uniforms on at all times while they are on the field.
- All coaches and non-participating athletes should be knowledgeable of the designated restricted areas.

2. WARM-UPS

- **Explain and supervise warm-ups:**
- Indicate how much warm-up time will be given.
- No athlete will be allowed to warm-up in the ring without an event judge or contestant's coach present to supervise.
- Each athlete is allowed one implement into the ring per throw.
- If the meet host is not providing implements, they should be weighed and checked prior to the competition.
- Retrieval of implements during warm-up:
 - ❖ Athletes should not go into the throwing area to retrieve an implement with their back turned to the ring if others are throwing behind them.
 - ❖ Judges may use workers to retrieve implements. Instruct them on safety.

3. UNIFORMS

- See uniform guideline sheet.
- Weight belts are legal.
- Tape may be used on the hand and fingers provided that no two fingers are taped together. All fingers must move independently. A wrist wrap may be worn and is not considered an aid provided there are no hard pieces in the wrap to keep the wrist stiff. Gloves are not allowed.

4. COMPETITION

- **SHOT PUT:** All puts will be measured in metric measurements to the nearest lesser centimeter.
 - **Measure from the nearest edge of the first mark made by the shot to the inside edge of the stopboard**
- **DISCUS:** All discus throws shall be measured in metric measurements to the nearest lesser centimeter.
 - **Measure from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle**
- Ties will be broken by whomever has the second best put.
- The athletes will be called to throw in order for their flight, so that each athlete will have attempted their first trial before attempting their second, then their third, and then fourth. Competitors will receive 4 throws. No finals will be conducted.

5. TRIALS

For a trial, competitors must:

- Enter the ring from any direction but must exit from the back half.
- Must pause before starting attempt.
- They will have **1 minute** to initiate a trial or it will be a foul. A competitor may exit and re-enter the circle provided they do not violate the time limit and has not started their throw.
- If the competitor wishes to pass a trial, they must tell the judge when their name is called.

6. LEGAL THROWS

- It is a foul if the competitor:

DISCUS	SHOT PUT
Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event within one minute after the competitor's name is called.	Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within one minute after the competitor's name is called.
After stepping into the circle, fails to pause before starting the throw.	After stepping into the circle, fails to pause before starting the put.
After starting the attempt, touches any surface outside the circle during a throw. Athletes may not touch the top or outside of the ring. They may touch the inside of the ring.	After starting the attempt, touches any surface outside the circle during a put.
Throws the discus so it does not fall within the sector lines.	Allows the shot to drop behind or below the shoulder during the put attempt.
Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.	Touches the top or end of the stopboard before leaving the circle. Athletes may touch the inside of the ring.
Leaves the circle before the implement has landed.	Puts the shot so it does not fall within the sector lines. On or outside of the sector will be a foul throw.
Does not exit the back half of the circle.	Leaves the circle before the implement has landed.
	Does not exit the back half of the circle.
	Uses the cartwheel technique of shot putting.

IESA Sectional Meet Long Jump Instructions

1. CHECK-IN

- Check in each athlete when the flight is called. Contact the press box to request any competitors who have not reported by the “second call.”
- Review the procedure for leaving an event to compete in another event.
 - ❖ If possible, the judge may allow the athlete to attempt a trial out of order, successively, or pass before leaving the event. However, athletes may not participate in any flights with a different age division or gender (e.g., athletes entered in to the 7th grade event may not participate in 8th grade flights, girls may not participate in the boys flights).
 - ❖ Communicate clearly with the competitor about getting to each event.
 - ❖ Notify an official if help is needed.
- Remind the athletes to act in a sportsmanlike manner, watch their language and keep their uniforms on at all times while they are on the field.
- All coaches and non-participating athletes should be knowledgeable of the designated restricted areas.

2. WARM-UPS

- **Explain and supervise warm-ups:**
- Indicate how much warm-up time will be given. No athlete will be allowed to warm-up on the runway without an event judge present to supervise.
- Athletes may place a chalk mark on or mark along the side of the runway.
- It is illegal to run in the opposite direction (non-legal direction) on the long jump runway during warm-ups.

3. UNIFORMS

- See Uniform Guideline sheet.

4. COMPETITION

- All jumps will be measured in metric measurement to the nearest lesser centimeter and will be considered in determining places. Each jump will be measured perpendicular to the foul line.
- Ties will be broken by whomever has the second best jump.
- Four total jumps will be given to each athlete. **No finals will be conducted.**
- The athletes will be called to jump in order for their flight.
- Once competition in a flight/round has begun, no additional run-thru’s will be allowed.

5. COMPETITOR ATTEMPTS

- The competitor will designate the take-off board they wish to use. During the competition, athletes may change the board they wish to use, but they must notify the judge prior to the trial. Athletes must land within the pit.
- Athletes must initiate a trial within **1 minute** or it will be a foul.
- If an athlete wishes to pass, they must indicate this to the judge when they are called for their trial.
- It is a foul if the competitor:

LONG JUMP

Allows their shoe to extend over the foul line or make a mark in front of it on the takeoff board.

Runs across the foul line or foul line extended.

Does not keep their head in the superior position while in the air after takeoff (no somersault).

In the process of landing or leaving the pit, touches the ground outside the landing area nearer the foul line than the nearest mark made in the landing pit.

IESA Sectional Meet High Jump Instructions

1. CHECK-IN

- Check in each athlete when the flight is called. Contact the press box to request any competitors who have not reported by the “second call.”
- Review the procedure for leaving an event to compete in another event.
 - ❖ If possible, the judge may allow the athlete to attempt a trial out of order, successively, or pass before leaving the event. However, athletes may not participate in any flights with a different age division or gender (e.g., athletes entered into the 7th grade event may not participate in 8th grade flights, girls may not participate in the boys flights).
 - ❖ Communicate clearly with the competitor about getting to each event.
 - ❖ Notify an official if help is needed.
- Remind the athletes to act in a sportsmanlike manner, watch their language and keep their uniforms on at all times while they are on the field.
- Mark the position of the standards and the cross-bar so that it is consistent for all jumpers.
- All coaches and non-participating athletes should be knowledgeable of the designated restricted areas.

2. WARM-UPS

- Explain and supervise warm-ups.
- No athlete will be allowed to warm-up on the high jump apron without an event judge present to supervise.
- Indicate how much warm-up time will be given.

3. UNIFORMS

- See Uniform Guideline sheet.

4. COMPETITION

- Competitors will compete in flights. Flights will be conducted to completion.
 - Each competitor is allowed a trial in order.
 - After competition begins for a flight, the bar shall not be lowered except to resolve a first-place tie.
 - Finals will not be conducted. Winners will be selected from all participating competitors within all conducted flights.

5. COMPETITOR ATTEMPTS

- Athletes will be given 3 trials at each height.
- SEE REQUIRED STARTING HEIGHT INFORMATION. Starting heights are determined by the IESA and may not be adjusted.
- The bar will be raised 6 centimeters at a time until eight contestants are left or when 3 centimeters below the qualifying height for advancement. Then raise the bar 3 centimeters at a time.
- Athletes will initiate a trial and take it to completion, or it will be a foul.
- If an athlete wishes to pass, they must indicate this to the judge when they are called for their trial.
- *Athletes may attempt as many run-ups to the crossbar as they wish, but they must initiate a jump that is carried to completion within their one-minute time allowance.*
- Attempts must be made off of one foot. Any contact made with the landing mats or the ground beyond the plane of the crossbar, or the crossbar extended, without clearing the bar will constitute a foul.
- Athletes may exit the landing pads in any way they wish.
- Only an assigned official will steady the crossbar after each attempt. If anyone else does so, it will be a foul.
- If an athlete has passed for three heights, they may be allowed a practice jump without the crossbar in place. However, they must enter the competition at that time.
- *When competition is down to three competitors or less, they will be allowed three minutes to complete a jump.*
- *When one jumper is left, they are allowed five minutes to complete the jump. Additionally, they may ask for the crossbar to be raised by any height they wish to attempt.*
- It is a foul if the competitor:

- a. Displaces the cross bar in an attempt to clear it.
- b. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
- c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
- d. Fails to initiate a purposeful action of completing the athletic challenge of the event within one minute after the competitors name is called, and after the crossbar has been set.
- e. Fails (total body) to go over the bar.
- f. Takes off from two feet.

6. BREAKING TIES

- The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
- If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- Passed trials shall not count as misses.
- If the tie remains after (a) and (b) and:
 - If it concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 3 cm.
 - If two or more of the tying contestants clear the height, the bar shall be raised by intervals of 3 cm.
 - Each competitor shall attempt one trial at each height until a winner is determined.
 - If the height which the tied competitors last attempted is not the same because of a passed height by one or more of the remaining competitors, the bar shall commence at the next height in the original progression after the tying height.
- No passed heights will be permitted in the jump-off.
- If the tie concerns any place other than first, the competitors shall be awarded the same place.

7. EVENT COMPLETION

- When the last round of jumps begins in any given flight, the head event judge will call for the next flight of participants to report.
- When all flights have been completed, the head event judge will verify the results with the field referee. The top eight competitors will be selected from all flights. Finals will not be conducted.
- After the finals, the head event judge will certify the results with the field referee, before sending the results to the scorers.

IESA Sectional Meet Pole Vault Instructions

1. CHECK IN

- Check in each athlete when the flight is called. Contact the press box to request any competitors who have not reported by the “second call.”
- Review the procedure for leaving an event to compete in another event.
 - ❖ If possible, the judge may allow the athlete to attempt a trial out of order, successively, or pass before leaving the event. However, athletes may not participate in any flights with a different age division or gender (e.g., 7th grade athletes may not participate in 8th grade flights, girls may not participate in the boys flights).
 - ❖ Communicate clearly with the competitor about getting to each event.
- Equipment Inspection: Inspect the field event area and equipment that is required for the event. If an implement becomes unusable, remove it from competition.
- Remind the athletes to act in a sportsmanlike manner, watch their language and keep their uniforms on at all times while they are on the field.
- Weigh-ins: Each athlete must be weighed in wearing all apparel they will wear during the competition. Competitors shall weigh in wearing their school-issued uniform, any clothing in addition to the school-issued uniform that will be worn while vaulting, shoes, and a helmet. The combined weight of the person, including all clothing, shoes, and helmet, will be the “competitor’s weight.”
- Equipment Check: The head event judge will check in each athlete’s pole prior to the warm-up. The athlete’s weight shall be at or below the manufacturer’s pole rating. The pole will be impounded if it does not meet the requirements.
 - The manufacturers must include the pole rating on each pole; the pole rating must appear as a minimum of $\frac{3}{4}$ inch in a contrasting color located within or above the top handhold position; also, a 1 inch circular band indicating the maximum top handhold position (as determined by the manufacturer) must also be present on each pole. No other method of marking max pole weight is allowed.
- All coaches and non-participating athletes should know the designated restricted areas.

2. WARM-UPS

- **Explain and supervise warm-ups:**
- No athlete is allowed to use a pole not approved by the head event judge.
- No athlete will be allowed to warm-up on the runway without an event judge present to supervise.
- Athletes may place a mark on or along side of the runway.
- Coaches will have a designated coaching area located near the runway. Coaches will be required to stay in this area. If they leave this area, they will not be able to return to the “coaching box” and should be instructed to leave the infield. Coaches will not be able to use wireless communication devices while in this area.
- It is illegal to run in the opposite direction (non-legal direction) on the pole vault runway during warm-ups

3. UNIFORMS

- **See Uniform Guideline sheet.**

4. COMPETITION

- Competitors will compete in one flight. Flight will be conducted to completion.
 - Each competitor is allowed a trial in order.
 - After competition begins for a flight, the bar shall not be lowered except to resolve a first-place tie.
 - Finals will not be conducted. Winners will be selected from all participating competitors within all conducted flights.

5. COMPETITOR ATTEMPTS

- *Athletes must initiate and complete trials within 1 minute.*
- Athletes will be given 3 trials at each height.

- SEE REQUIRED STARTING HEIGHT INFORMATION. Starting heights are determined by the IESA and may not be adjusted
- Raise the bar 16 cm at a time until there are three contestants left or when 8cm below qualifying height for advancement. Then raise the bar 8 cm at a time.
- If athletes wish to pass, they must indicate this to the judge when they are called for their trial.
- If an athlete has passed for three heights, they will be permitted two minutes of warm up jumps per the number of competitors entering at that height without the crossbar or bungee in place. The competitor must make at least one attempt at that height. Such warm-up must be taken at a height change.
- *Athletes may attempt as many run-ups to the crossbar as they wish, but they must initiate a jump that is carried to completion within their one-minute time allowance.*
- Athletes must indicate to the event judge what setting is needed for the standards.
- Athletes may exit the landing system in any direction.
- Only an assigned official will catch the athlete's pole.
- *When competition is down to 3 vaulters or less, they will be allowed three minutes to complete a vault. When one vaulter is left, they are allowed five minutes to complete the vault.*
- *When one vaulter remains, they may request for the crossbar to be raised to any height they wish to attempt.*
- It is a foul if the competitor:
 - a. Displaces the crossbar from the pins on which it originally rested, with the body or the pole.
 - b. Leaves the ground in an attempt and fails to clear the crossbar. However, if the approach is aborted and an attempt is not made (even if the vaulter's momentum cause their feet to leave the ground), it shall not be counted as a missed attempt.
 - c. Raises their top hand to a higher point on the pole or the lower hand is raised above the upper hand.
 - d. Allows any part of their body or the pole to touch the ground or the landing system beyond the vertical plan of the top of the stopboard, without first clearing the bar.
 - e. After clearing the crossbar, contacts an upright and displaces the crossbar.
 - f. Steadies the crossbar with hands or arms.
 - g. Grips the pole above the top hand-hold band.
 - h. Touches or catches the pole preventing it from dislodging the crossbar.
 - i. Touches the ground or landing area beyond the "0" plane of the box (or its extension) on an approach.

6. BREAKING TIES

- The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
- If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- Passed trials shall not count as misses.
- If the tie remains after (a) and (b) and:
 - If it concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered by 8 cm.
 - If two or more of the tying contestants clear the height, the bar shall be raised by intervals of 8 cm.
 - Each competitor shall attempt one trial at each height until a winner is determined.
 - If the height which the tied competitors last attempted is not the same because of a passed height by one or more of the remaining competitors, the bar shall commence at the next height in the original progression after the tying height.
- No passed heights will be permitted in the jump-off.
- If the tie concerns any place other than first, the competitors shall be awarded the same place.
- A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

7. EVENT COMPLETION

- When competition has been completed, the head event judge will verify the results with the field referee.
- After the finals, the head event judge will certify the results with the field referee, before sending the results to the scorers.

IESA Sectional Uniform Guidelines

- Check all competitor uniforms.
 - ❖ Competitors must compete in a school-issued or school-approved uniform that complies with NFHS Rule 4-3-1.
 - Any outer garment that is school-issued or school-approved becomes the official uniform, when worn.
 - ❖ One or two piece bodysuit, similar in color can be worn.
 - Stripes down the side of the uniform will not be an issue.
 - The jersey and shorts may have the school identification and the jersey may have the competitor's name.
 - A single manufacturer's logo/trademark (no more than 2 ¼" square) is permitted on each item of apparel.
 - American flag is permitted (no more than 2x3 inches) and either a commemorative or memorial patch, not to exceed 4 inches, may be worn.
 - Bare midriff shirts are not acceptable. The jersey must hang below or be tucked into the waistband of the shorts when the competitor is standing upright.
 - The waistband of a competitor's bottom shall be worn above the hips.
 - ❖ UNDERGARMENTS: Any visible garment(s) worn underneath the uniform top and/or bottom is now considered a foundation garment and not subject to logo/trademark/reference or color restrictions.
 - ❖ PENALTY: For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation of the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.
 - It is the responsibility of the meet referee/starter, clerk of the course, and/or the respective field event head judge to inspect competitor uniforms prior to the start of the race or field event.
 - They are not to knowingly allow a competitor in an illegal uniform to participate in the race or field event.
 - If a field event judge or clerk of the course is uncertain whether a uniform complies with NFHS Rule 4-3-1, the judge shall obtain a ruling from the meet referee/starter before starting the event.
 - Once a running event or a field event has started, there will be no disqualification for improper uniform.
 - Referee/starters, Clerks of the Course and field event judges must be aware that schools may have multiple uniforms that they issue to their athletes.
 - ❖ Athletes from the same school may participate in the same event in different school issued uniforms.
 - ❖ If a competitor changes from an inspected school issued uniform to jersey (singlet) or shorts not issued by the school and competes in the meet in the illegal uniform, that athlete is disqualified from the event for unacceptable conduct.
- Jewelry and watches are permitted.
- Uniforms may be taped or knotted when done for the purpose of allowing a better fitting uniform.
- Headbands and hair beads will be allowed.
- Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.
- Removable arm sleeves, calf sleeves, and wrist bands are all legal.
- Body appliqués, body paint, or other adornments will not be permitted for competition.